

**DETERMINING FACTORS OF THE EFFECTIVENESS OF  
BLOOD GLUCOSE LEVEL CONTROL AMONG  
DIABETES PATIENTS IN MAEPRIK DISTRICT,  
LAMPANG PROVINCE, THAILAND**

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ABSTRACT

A cross sectional study was conducted by interviewing 129 diabetes patients in Maeprrik District, Lampang Province. This study aimed to describe determining factors of the effectiveness of blood glucose level control including socio-demographic factors, patient factors and knowledge about Diabetes Mellitus. Another objective was to measure blood glucose level control among diabetes patients.

The proportionate simple random sampling technique of registered diabetes patients in Maeprrik health services was used for sampling size determination. A structured questionnaire was the research instrument. The effectiveness of blood glucose control level was categorized into two groups: good control and poor control.

The findings of the study revealed that 62.0% of the respondents had poor control and 38.0% of the respondents had good control. The trend of diabetes frequency was to increase with higher age. There were more female than male respondents. The majority of respondents had good adherence to DM clinic (79.1%) as well as taking diabetes medication regularly (84.5%). Overweight and obesity of respondents were widespread (62.0%). 43.4% of diabetes had comorbidity of hypertension. The majority of respondents hadn't smoked (84.5%) or drank alcohol (88.4%). The majority of the respondents had a high level of knowledge about diabetes.

It was contradictory shown that blood glucose level control were statistically significant related to taking medication regularly ( $p$ - value = 0.027). And there was statistically significant association between blood glucose level control and cigarette smoking ( $p$ - value = 0.027).

Therefore, not only determining factors should be the center of attention, but also the raising of diabetes patients' awareness should be considered to improve the effectiveness of blood glucose control level among diabetes patients in this Maeprrik District.

KEY WORDS: DIABETES/ BLOOD GLUCOSE LEVEL CONTROL

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